

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 5, No. 10 • October 2015

A Message from

Allan H. Kittleman

Howard County Executive



Over the past year, we have been involved with planning to accommodate the growth of the older adult population in Howard County over the next 20 years. A vision has emerged of an age-friendly community where older adults comfortably age in place and residents of all ages have the resources they need to grow, thrive and live with dignity. Achieving this vision will take the collective efforts of committed individuals, organizations and businesses throughout the community. The 50+EXPO, coordinated by the Office on Aging each year in October, is a great example of how public and private partners, government, nonprofit, business and faith organizations are already working together to create an environment that is relevant across the lifespan of all Howard County citizens. Whether you need assistance now for yourself or an aging relative, or want to investigate options for the future, you are likely to find the resources you need at the 50+EXPO. I hope to see you there!

A Message from

Starr P. Sowers

Administrator, Office on Aging



It is hard to believe that this is the 17th Annual 50+EXPO! What we designed and created so many years ago has become a tremendously popular community event for all ages. Over the years, we have welcomed many new public and private sector partners, and we will continue to build new collaborations as we build an age-friendly community together. Of course, none of this would have been possible without the hard work and commitment of the Office on Aging staff, the generous support of our sponsors, and the enthusiasm of our volunteers.

This year, the 50+EXPO features 168 exhibitors and vendors, making it easier for you to find the information and resources you need to meet today's needs and prepare for tomorrow's challenges. While you are there, be sure to pick up a free copy of the new *2016 Howard County Resource Guide*. For the full event schedule, visit us at www.howardcountyyaging.org/50plusexpo.

Explore Age-Friendly Community Options at the 50+EXPO

Join us at the 50+EXPO on Friday, October 16, at Wilde Lake High School as we explore ways to make Howard County a healthy, vital and welcoming community for all ages. Begin your day listening to a keynote address by Nancy Z. Henkin, Ph.D., founder and former executive director of the Intergenerational Center at Temple University, who will share her perspective on creating a community for all ages, one which views aging as a lifelong journey rather than a time-related event.

NEW! \$1.00 ADMISSION FEE TO EXPO

REMINDER NOTICE — The \$1 admission fee will be collected as you board the free 50+EXPO shuttle bus at The Mall in Columbia (or at the door). All proceeds will benefit the Vivian L. Reid Community Fund to provide emergency financial assistance to older adults in Howard County.

Recognizing generational commonalities and differences, Dr. Henkin envisions a community based on a sense of collective rather than individual responsibility for the health and well-being of individuals of all ages. Strong social networks, opportunities for community engagement and lifelong learning, housing and transportation options that address changing needs, high-quality support services, and a physical environment that promotes healthy living are all characteristics of an age-friendly community.

Building on Dr. Henkin's theme of an age-friendly community, more than 168 vendors and exhibitors will be onsite at the 50+EXPO to share information about local programs, products and services which are readily available to help you live a healthy and vital life in Howard County today and plan for the years to come.

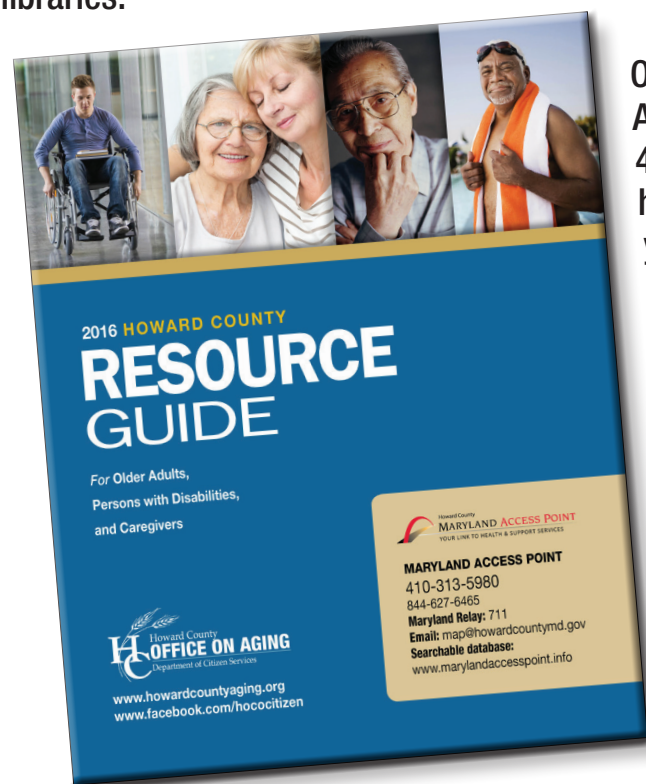
New this year, the **Focus on Fitness** area will help you identify options to boost your physical health, based on your individual needs. To assess your current fitness level, you will complete a series of basic activities — such as getting up from a chair, lifting and stretching — to measure strength, flexibility, endurance, and balance. The free testing is performed by Certified Fitness Instructors and takes about 10 minutes to complete. Each participant will receive an individualized

Continued on next page

New! Office on Aging 2016 Resource Guide

The 2016 edition of Howard's County's Resource Guide will make its debut at the 50+EXPO. All attendees will receive a copy of the 2016 Resource Guide AND a FREE re-useable tote bag!

Additional copies of the Resource Guide are available at the Howard County Office on Aging, any of our 50+ centers, and libraries.



Or, call Maryland Access Point at 410-313-5980 to have one sent to you.

Visit the Office on Aging booth on MAIN STREET at the 50+EXPO to learn more about the many services and assistance offered by Maryland Access Point (MAP).

Do You Enjoying Meeting New People or Trying New Things?

Be a Howard County Volunteer!
Register online today!

The Howard County Office on Aging has launched a new volunteer website, www.hocovolunteer.org, which lists all current volunteer opportunities within the Office on Aging, as well as others throughout Howard County. If you are interested in volunteering, please take a moment to register on the site.

Once you register, you will have access to all current volunteer opportunities for the Howard County Department of Citizen Services and the Office on Aging, as well as Howard County Recreation and Parks, and Howard County's Office of Community Sustainability. You'll also be able to track your volunteer hours online as you complete an assignment.

Visit www.hocovolunteer.org to register today!

CONSUMER PROTECTION

We've got you covered.

Take Advantage of US Before Someone Takes Advantage of YOU!

Howard County Office of Consumer Affairs
410-313-6420 • consumer@howardcountymd.gov
www.howardcountymd.gov/consumer



Age-Friendly Options at 50+EXPO

Continued from previous page

fitness report and information about opportunities to stay active at Howard County's 50+ Centers.

A **series of 50 minute seminars** will also be offered throughout the day, focusing on topics from financial fitness and consumer education to personal safety and stress reduction. Here is an overview to help you plan your day:

Don't Get Scammed • 2nd floor, Room 220, 11 a.m. and 1 p.m.

Rebecca Bowman, Administrator, Howard County Office of Consumer Affairs, will discuss how to avoid becoming a victim of a scam, whether on the phone, at your door, online or at the store.

Be On Guard, It's Not Hard • 2nd floor, Room 222, 11 a.m.

Lt. Troy Bailey of the Howard County Police Department will show you how to be more aware of your surroundings and how to protect yourself if the need arises.

So Hard to Discard! • 2nd floor, Room 222, 1 p.m.

Learn why people have difficulty letting go of their possessions and develop a plan to reduce the clutter in your home, with help from Elspeth Bell, licensed psychologist, of Elspeth Bell, Ph.D., LLC.

Remembering When • 2nd floor, Room 237, noon

Brian Proctor, master firefighter/paramedic and public education specialist with Howard County Fire & Rescue shares practical fire safety and fall prevention tips.

Financial Sense and Legal Basics: What to Consider When Planning For Retirement • 2nd floor, Room 237, 2 p.m.

Discover retirement planning strategies from a financial and legal perspective with Michael W. Davis, ESQ, managing partner and attorney, Davis, Agnor, Rapaport & Skalny, LLC, and Rosa Scharf, senior vice president, Howard Bank.

Caregiving: From Stress to Success • 2nd floor, Room 238, noon

Explore how communication and behaviors can work together to result in a successful caregiving experience, and learn how to make time for yourself as a caregiver; led by Yolanda Wright, MSW, LCSW, early stage and support group coordinator, Alzheimer's Association.

Stress: What's the Alternative? • 2nd floor, Room 238, 2 p.m.

Learn skills to let stress and tension become your best teachers for living well, with Jade Connelly-Duggan, M.Ac., L.Ac., Director, WisdomWell Family Acupuncture and Wellness.

Round out your day at the EXPO by enjoying one of the many entertainment options in the 50+ Café while you grab a quick, healthy lunch, or check out one of two free performances by the Capitol Steps at noon and 2 p.m. in the James Rouse Theatre.

For a full schedule of the day's activities, visit us online at www.howardcountyaging.org/50plusexpo.



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountyaging.org

Find us on  www.Facebook.com/HoCoCitizen

Kim Higdon Henry, Senior Connection Editor
kahenry@howardcountymd.gov

Advertising contained in the Beacon is not endorsed by the Howard County Office on Aging or by the publisher.

New for 2015! \$1 Admission Fee

All Proceeds Benefit the
Vivian Reid Community Fund for Older Adults



Don't Miss the 17th Annual 50+EXPO!

Friday, October 16 • 9 AM - 4 PM

Wilde Lake High School
5460 Trumpeter Road, Columbia, MD

IMPORTANT PARKING NOTICE:

Attendees **must** use the **FREE COURTESY SHUTTLE** at The Mall in Columbia (by Sears) for **50+EXPO PARKING**.

ONLY  ACCESSIBLE PARKING ON-SITE AT THE 50+EXPO!



410-313-6410 (VOICE/RELAY)
www.howardcountyaging.org

KEYNOTE

Nancy Z. Henkin, Ph.D., founder of the Intergenerational Center at Temple University:
Creating a Community for All Ages

PLUS

- 160+ Exhibitors
- NEW! Focus on Fitness Evaluations
- All Day Entertainment in 50+Café
- Two Shows by The Capitol Steps
- Seven Educational Seminars
- Free Flu Vaccines
- Free Health Screenings
- Raffles and Prize Drawings

The **Vivian Reid Community Fund** provides emergency financial assistance to older adults and adults with disabilities in Howard County who have essential needs not covered by Medicare and Medical Assistance.

These funds can mean the difference between food and heat or rent and medications.

Donations to the Reid Fund **qualify as deductible contributions** under Section 170 (c) (1) of the IRS Code.

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

Sign up NOW to receive your **FRIEND of the 50+EXPO! gift package!**

For EACH \$20 donation, you will receive one FREE admission to the EXPO; a "Friends" recognition badge; one RESERVED seat for "The Capitol Steps" on Friday, October 16, and be entered into an exclusive "Friends ONLY" grand prize drawing!

Send form to: Howard County Office on Aging, 6751 Columbia Gateway Dr., 2nd floor, Columbia, MD 21046

I want to be a Friend of the EXPO and have enclosed my check/cash for _____ FRIENDS @ \$20/ea. = \$ _____

PLEASE INDICATE # of TICKETS: _____ 12:00 noon show OR _____ 2:00 p.m. show

☐ Check this box if you do NOT want to receive tickets for the show.

NAME _____ PHONE _____

EMAIL _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP _____

☐ Check this box if you do NOT wish to have your name published as a contributor.

Note: If your "Friends" donation is received after October 3, pick up your Capitol Steps tickets at the theatre on the day of the show.



REGISTER NOW!
Howard County 4th Annual Caregiver Conference

Saturday, November 14, 2015

8:00 AM - 3:00 PM

North Laurel Community Center
9411 Whiskey Bottom Road
Laurel, MD 20723

Caregiving is sometimes a choice, but more often it is suddenly thrust on individuals who may be unprepared to handle the role. Yet, the love, concern and 24/7 dedication of caregivers is unmatched by other professions. The Office on Aging's 4th Annual Caregiver Conference, coming up in November, is an occasion to not only celebrate the hard work and sacrifices made every day by Howard County's informal, unpaid caregivers, but also to provide attendees with fresh information, a broad range of resources, ongoing support as well as the opportunity for fun and respite.

This year's conference, "**The Caregiver Journey: Strategies, Support, Success**" will be held Saturday, November 14, 8 a.m. to 3 p.m. at the North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel. Open to all, the conference will include a variety of educational sessions and stress reducing activities, including:

Keynote Presentation

Taking Care of the Caregiver presented by Barbara Catlin, M.Ac. Care partners generally provide for others but often forget to pay attention to themselves. Ms. Catlin will speak on the critical importance of caregivers taking the time to nurture themselves, and will provide useful tips and exercises.

Educational Sessions

Caregiving Basics – The goal of this session is to provide an understanding of the potential impacts that family caregivers might experience during the "newness" of being a care provider.

Legal 101 – Learn about the different types of Powers of Attorney; Advance Directives; Do Not Resuscitate (DNR) or MOLST orders; and Guardianship. This is a basic overview, and is not meant to provide individual legal advice.

Managing Someone Else's Money – This session will help you understand the in's and out's of safely managing someone else's money or property.

Managing Challenging Behaviors – Having to deal with challenging behaviors can increase caregiver stress and reduce quality of life. This session will offer insight into the reasons for these behaviors and practical advice for dealing with them.

Relationship Changes between the Caregiver/Care Recipient – Explore how relationship changes can affect the care partner and learn about balancing the relationships in your life with your role as a family caregiver.

Activities for Individuals with Cognitive Issues – A Certified Occupational Therapy Assistant (COTA) will provide practical exercises for care partners to try with a loved one to encourage cognitive stimulation and engagement.

Alternate Long Term Care Living Options – This practical discussion of the alternatives for long-term living will cover everything from hiring in-home help, to moving into a nursing home, and the potential costs of each alternative.

Palliative Care – Palliative care is specialized medical care for people with serious illnesses, which focuses on providing patients with relief from symptoms and stress. The goal is to improve quality of life for both the patient and the family. Palliative care is a partnership of patient, specialists and family. The presenter will provide an overview of this focused type of care and its benefits for caregivers and their loved ones.

Coping with Loss and Grief – This session will examine how loss and the accompanying emotions impact the grieving process.

The conference cost is \$10 per person, which includes continental breakfast, lunch and respite care.

For more information or to register, call 410-313-5980 (voice/relay) or visit us online at www.howardcountying.org.

A PRESENTATION OF THE
HOWARD COUNTY DEPARTMENT
OFFICE ON AGING

REGISTER NOW!
Howard County 4th Annual Caregiver Conference

Saturday, November 14, 2015
8:00 AM - 3:00 PM

North Laurel Community Center
9411 Whiskey Bottom Road, Laurel, MD 20723

\$10/person • Partial Scholarships Available
Continental Breakfast and Lunch Provided • FREE On-Site Respite Provided

Register in one of three convenient ways:

- Online at https://apm.activecommunities.com/howardcounty/Activity_Search/49989
- At your local Howard County 50+ Center
- Contact Maryland Access Point 410-313-5980 (VOICE/RELAY) or map@howardcountymd.gov

Registration deadline for conference and respite is Friday, November 6

If you need this document in an alternative format or need accommodations to attend this event, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

Beware of Scammers Hiding in Plain Sight

By Rebecca G. Bowman, Administrator,
Howard County Office of Consumer Affairs

Do you trust people more if they're like you, or a part of your community? Scammers bet that you do. Every day, they take advantage of the trust you have in people with whom you identify. When someone in a group uses their membership in that group to scam another member, it's called "affinity fraud."

Affinity fraud often happens to members of religious, ethnic, or school groups. Are you willing to hear more about a "deal" if a member of your church asks you to? Or take advice from someone who speaks your same language?

Affinity fraud is especially hard to prevent if the victims don't have the knowledge or language ability to get help. Some tend to avoid reporting fraud to law enforcement or feel pressure to resolve community problems internally.

What should you do when someone you know tells you about a "great" deal?

Take your time and check it out. Don't agree to any deal that requires you to act now, and no matter who makes the offer, do your homework. Look up the company online and search for consumer complaints. Consider whether the deal is really good for you.

Don't buy the hype. If you are promised guaranteed results (e.g. the promise of legal immigration status) or told that an investment is "risk-free," the deal is probably a scam.

Get it in writing. Don't part with your money until you have a written agreement, have read all of the terms, and are sure everything you were told is included.

Report it. The Howard County Office of Consumer Affairs (OCA) can help you separate fact from fiction, and in some cases can help you recover money you've lost. Call OCA at 410-313-6420 (voice/relay) or e-mail us at: consumer@howardcountymd.gov.

Fire Prevention Month 2015:

Hear the Beep Where You Sleep!

Howard County's Department of Fire and Rescue Services provides fire and life safety education to all residents through Project: S.A.F.E. (Smoke Alarms for Everyone) to focus attention on smoke alarm education and installation. Each year, fires in the County result in property loss and damage as well as injury and/or death. The majority of these losses come from homes without smoke alarms or those with nonfunctioning smoke alarms. Don't wait until it's too late, test your smoke alarms today or call your local fire station for assistance. **For more information, visit us online at www.hcdfrs.org or call 410-313-6000.**



October is National Residents' Rights Month

October is National Residents' Rights Month, a national effort to celebrate, honor, educate, and protect those living in long-term care homes and their families. In Howard County, the Office on Aging's Long-Term Care Ombudsman Program is honored to celebrate Residents' Rights Month with our wonderful residents.

The 2015 theme, "CARE Matters" highlights the importance of ensuring quality care for all. The Office on Aging's Ombudsman staff strives to empower residents to help themselves, encourages an awareness of dignity and respect, and recognizes the value of each individual resident.

Throughout October, staff members will visit long-term care facilities in Howard County to distribute educational and informative materials in celebration of **CARE Matters 2015**. For more information, call 410-313-6423 (voice/relay).

MEDICARE Open Enrollment

October 15 through December 7, 2015

In addition to our regular schedule, take advantage of these special enrollment events!

By Appointment Only. Call 410-313-7392.

Tuesday, October 20 • 9:00 a.m. - noon

Glenwood 50+ Center, 2400 Route 97, Cooksville 21723

Friday, October 23 • 9:00 a.m. - 3:00 p.m.

Ellicott City 50+ Center, 9401 Frederick Rd., Ellicott City 21042

Wednesday, October 28 • 1:00 - 4:00 p.m.

Elkridge 50+ Center, 6540 Washington Blvd., Elkridge 21075



- Information and Counseling
- Prescription Drug Plans
- Supplemental Policies
- New to Medicare
- Fraud and Abuse
- Help with Costs

KNOW YOUR OPTIONS. Contact us for help.

TO SCHEDULE AN APPOINTMENT

410-313-7392 (VOICE/RELAY)

FOR A COMPLETE SCHEDULE OF ENROLLMENT EVENTS

www.howardcountying.org/SHIP



If you need accommodations to attend, contact Maryland Access Point at 410-313-5980 or map@howardcountymd.gov at least one week in advance.

ON THE MOVE – Notes and News



MultiService Center Moves Offices Temporarily

The **MultiService Center** — 9900 Washington Blvd., Laurel 20723 — has temporarily moved its offices a few doors down to **Suite G**, while renovations to their permanent offices are completed. For questions about the availability of individual services during the transition, call 410-313-0220 (voice/relay) to reach center staff during normal business hours or email mscinfo@howardcountymd.gov.

DSS Announces New Evening Hours

The **Howard County Department of Social Services (DSS)** announced a change in their schedule of evening hours. The office — 7121 Columbia Gateway Drive, Columbia — will now be **open until 7 p.m. on the first and third Tuesday** of each month. For additional information, contact them at 410-872-8700 (voice/relay).

How to be a GREAT Grandparent

A lot has changed in parenting since grandparents were parents! Learn the latest research based information to balance your tried and true skills with current best practices. Discuss your role as a grandparent versus being the parent.

Discover ways to safeguard your home for infants and toddlers and gather important resources to help support your children in their new role as parents.

Thursday, October 29 • 6:30 - 8:15 p.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia, MD 21044

FREE, but space is limited and pre-registration is required!

Register at www.howardcountymd.gov/familyinstitute or by phone at 410-313-1440 (voice/relay).

START LIVING WELL TODAY!

DIABETES and other CHRONIC CONDITIONS **CAN** be managed with our 6-week Living Well program!

Living Well: Take Charge of Your Health

Celebration Church

6080 Foreland Garth
Columbia, MD 21045

Six Mondays
October 5 - November 9

6:00 – 8:30 PM

\$28 includes all materials



Contact: WENDY FARTHING
wfarth@howardcountymd.gov

410-313-3506
(VOICE/RELAY)

www.howardcountyaging.org



Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov

PET EVALUATIONS
First Wednesday of Each Month

Bain 50+ Center
5470 Ruth Keeton Way
Columbia 21044

Remaining 2015 Evaluation Dates
OCT. 7 • NOV. 4 • DEC. 2



www.howardcountyaging.org

JOIN US TODAY!

Cycle2Health is a non-competitive, peer-led, bicycling club for adults of all ages and abilities!

- VARIOUS LOCATIONS
- DAYTIME HOURS
- WEEKDAY RIDES



Cycle2Health

HOWARD COUNTY



TO REGISTER OR FOR MORE INFORMATION

www.howardcountyaging.org/cycle2health

Contact Jennifer Lee, Program Coordinator
410-313-5940 or jlee@howardcountymd.gov

This is a recreational opportunity program for participants to experience the benefits of exercise while exploring the natural beauty and sights of Howard County. Registration is required to ride in the C2H Program. An annual \$10 fee will be collected at the time of registration, applicable to the spring through fall riding season. Rides vary in length and difficulty.

If you need this information in an alternate format, contact Maryland Access Point (MAP) at 410-313-5980 or map@howardcountymd.gov

The Art of Aging

Presented by Marcella Wilding, Ph.D.
and SeniorsTogether facilitators

**What will your later years bring?
What will life offer or demand of you?**

The Art of Aging candidly explores topics such as defining happiness, clarifying new growth tasks, minimizing memory loss, and more. Don't miss this unique opportunity for connection, growth, and new insight through keynote and small group discussion on topics such as relationships, happiness, and freedom in the aging process.

Light refreshments served.

REGISTRATION DEADLINE SEPTEMBER 24!

**Thursdays, October 1, 8 and 15
6:30 - 8:30 p.m.**

Bain 50+ Center
5470 Ruth Keeton Way, Columbia

TO REGISTER, CONTACT

Elaine Widom • 410-313-7353 (VOICE/RELAY)

For more information: Karen Hull khull@howardcountymd.gov

Seniors Together

CONNECT • LEARN • GROW

Are You Mourning the Loss of a Loved One?

BEREAVEMENT GROUP NOW FORMING

A support group to help you explore life beyond grief.
Nominal fee applies.

**Thursdays, Oct. 22 thru Dec. 10
1:00 - 2:30 p.m.**

Bain 50+ Center
5470 Ruth Keeton Way, Columbia

TO REGISTER OR FOR MORE INFORMATION

Karen Hull • 410-313-7466 (VOICE/RELAY)

khull@howardcountymd.gov

**The Howard County
Office on Aging**
invites you to a

THANKSGIVING CELEBRATION!

THE *Giving Thanks*
LUNCHEON & DANCE

**Featuring Special Performances by the
Retro Rockets and Love Story Duo!**

Wednesday, November 18, 2015

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville 21029

DOORS OPEN 10:30 A.M. LUNCH 12:00 NOON


Tickets on Sale at all Howard County 50+ Centers \$13/person

**PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK**

FOR MORE INFORMATION CALL

410-313-5440 (VOICE/RELAY)

If you need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 (voice/relay) or map@howardcountymd.gov.

 **Howard County
OFFICE ON AGING**
Department of Citizen Services
www.howardcountyaging.org



2015 PROJECT *Holiday*

HOWARD COUNTY OFFICE ON AGING is collecting donated items for low-income seniors who reside in nursing homes, assisted living facilities, and in the community.

The **WISH LIST** includes items for both adult men and women, such as blankets/throws, stamps/stationery, puzzle books, scarves, pajamas, toiletries, etc. Monetary donations are also accepted.

Drop off your donations by December 4 at any **Howard County 50+ Center** or the

Howard County Office on Aging

6751 Columbia Gateway Dr., Suite 200, Columbia, MD 21046

FOR MORE INFORMATION:

Nicole Baptiste-Patterson 410-313-6423 (VOICE/RELAY)

or via email to npatterson@howardcountymd.gov

If you need this information in an alternate format, contact Maryland Access Point at 410-313-5980 or map@howardcountymd.gov

 **Howard County
OFFICE ON AGING**
Department of Citizen Services



October 2015 Calendar of Events

Don't miss these exciting programs and services at one of the dynamic Howard County Office on Aging 50+ Centers near you!



Bain 50+ Center

Friday, Oct. 9 • 11 a.m. to noon — MAKE YOUR OWN MUSIC VIDEO

Learn the new hit song and dance craze that's sweeping the country. Watch Me (Whip/Nae Nae) has fans old and young posting videos of themselves dancing to the popular song. Register at 410-313-7213.

Tuesday, Oct. 13 • 10:30 to 11 a.m. — SAVE ENERGY, SAVE MONEY

BGE's Chanel Rhoads-Reed will discuss low- and no-cost ways to save energy; BGE's Smart Energy Savers Program; and the Quick Home Energy Check-up. FREE; register at 410-313-7213.

Tuesday, Oct. 20 • 11 a.m. to noon — MEET AUTHOR HEBER BOULAND

Heber Bouland will discuss "The Last Trolley Stop," his memoir about growing up in the Great Depression. FREE; register at 410-313-7213.

East Columbia 50+ Center

Tuesday, Oct. 13 • 10 to 11 a.m. — COME COLOR WITH US

Try your hand at an expert level coloring book. FREE; materials provided. Whether you're inside the lines or out, it's your creation!

Wednesday, Oct. 21 • 1 p.m. — ESTATE PLANNING AND ELDER LAW

Attorney Stephen R. Elville leads a discussion covering the essentials of estate planning and elder law, with plenty of time for participant questions. FREE; register at 410-313-7680.

Wednesday, Oct. 21 • 10 to 11:30 a.m. —

TAKE CHARGE OF YOUR EMOTIONAL WELLNESS

Emotional wellness is just as important as our physical health. Learn about emotional wellness as we age and how to stay healthy. FREE; register at 410-313-7680.

Elkridge 50+ Center

Wednesday, Oct. 21 • 11 a.m. to noon — DR. DAN

Join Dr. Dan Storch, Certified Psychiatrist in Geriatrics, for a discussion of "Attitude and Motivations and Keys to Happiness." FREE; register at 410-313-5192.

Thursday, Oct. 22 • 12:30 to 1:30 p.m. —

HISTORY OF ELKRIDGE SERIES

Learn new facts about the history of Elkridge as the informative series continues, led by Park Ranger Ed Johnson. FREE; register at 410-313-5192.

Friday, Oct. 30 • 10:30 a.m. to 1 p.m. — HALLOWEEN COSTUME PARTY

Enjoy games, entertainment and a ghoulishly delicious catered lunch. Call 410-313-4930 for reservations.

Ellicott City 50+ Center

Thursday, Oct. 8 • 5 to 7 p.m. — PAINTING TOGETHER ART RECEPTION

View an exhibition of fine art by the talented members of our Painting Together group, and and a reception. Details at 410-313-1400.

Thursday & Friday, Oct. 29-30 —

ELLCOTT CITY 50+ CENTER COUNCIL BAKE SALE

No tricks, just lots of treats at this bake sale – gobble up some goodies or take home delicious, eerie edibles. (Baked goods donations accepted on October 29 and 30 only). Thank you for your support!

Friday, Oct. 30 • 10:30 a.m. — MORNING BINGO

Join us for Bingo, sponsored by the Ellicott City 50+ Center Council, with a grand prize provided by Heartlands Senior Living. \$4, plus lunch donation; to reserve lunch, call 410-313-1400 by October 23.

Glenwood 50+ Center

Thursday, Oct. 1 • 10 a.m. — FALL GARDENING WITH CARRIE ENGEL

Carrie Engel, local television star, will share her tips and secrets for fall garden success. FREE; details at 410-313-5440.

Friday, Oct. 2 • 10 a.m. — THE SCIENCE OF HAPPINESS

Jimmie White leads a discussion on the science behind happiness. FREE; details at 410-313-5440.

Tuesdays, Oct. 6 and Nov. 17 • 1 p.m. — TRASH TO TREASURE

Learn how to make natural cold processed soaps and soy wine bottles this month, then how to package your creations in November. \$15; register in advance at 410-313-5440.

North Laurel 50+ Center

Friday, Oct. 23 • 9 a.m. to 5 p.m. — TOUR OF FALL BUS TRIP

Enjoy a scenic ride in Frederick and have lunch at a local restaurant. \$45 plus lunch. Sponsored by the North Laurel Senior Council; register no later than October 1 at 410-313-0380.

Friday, Oct. 23 • 12:30 to 1:15 p.m. — COLORS OF FALL BALLET

Come see Ballet Mobile, Inc. a Columbia-based ballet troupe that combines movement, music and mental imagery in ways that touch the heart and lifts the spirit. FREE; register at 410-313-0380.

Wednesday, Oct. 28 • 11 a.m. to noon — FALL CLASSICAL CONCERT

Join Candlelight Concert Society for a morning of classical music featuring a String Trio of Cello, Violin and Viola. Hot tea and cider will be served. FREE; donations welcome. Register at 410-313-0380.

FOR A FULL LISTING OF EVENTS at our 50+ Centers this month, visit: www.howardcountyaging.org/50pluscenters

To request accommodations to participate, call Maryland Access Point (MAP) at 410-313-5980 (voice/relay) one week in advance.

HOWARD COUNTY 50+ CENTERS

Bain 50+ Center.....	5470 Ruth Keeton Way, Columbia	410-313-7213
East Columbia 50+ Center	6600 Cradlerock Way, Columbia	410-313-7680
Elkridge 50+ Center	6540 Washington Blvd., Elkridge.....	410-313-5192
Ellicott City 50+ Center	9401 Frederick Rd., Ellicott City	410-313-1400
Glenwood 50+ Center	2400 Route 97, Cooksville	410-313-5440
Longwood 50+ Center	6150 Foreland Garth, Columbia	410-313-7217
North Laurel 50+ Center	9411 Whiskey Bottom Rd., Laurel	410-313-0380

SENIOR CENTER PLUS SITES

Ellicott City Senior Center Plus	410-313-1425
Glenwood Senior Center Plus	410-313-5442
North Laurel Senior Center Plus	410-313-7218

